

## A PUBLICATION OF THE HANOVER COUNCIL ON AGING

665 Center Street • Hanover MA 02339 • Telephone (781) 924-1913 • [coa@hanover-ma.gov](mailto:coa@hanover-ma.gov)

# HANOVER HAPPENINGS

APRIL, 2015

### HANOVER COUNCIL ON AGING MISSION STATEMENT

*To provide services, educational programs and activities which enhance and promote the highest quality of life for each individual.  
The Mailing of this newsletter is supported in part by the Executive Office of Elder Affairs*

### APRIL'S MESSAGE FROM THE DIRECTOR

The Hanover Council on Aging would like to acknowledge and thank the many volunteers who have contributed their time and talents to the Seniors of Hanover.


### ***COME RAIN OR SHINE, YOU'RE THERE FOR US!***

Maryanne Aylesworth	Elaine Backer	Judi Barca
Frank Barker	Sally Boutin	Julie Brown
Donald Buckley	Ellen Butler	Susan Chapman
Elaine Crowley	Irene Daika	Mary Deame
Marilyn Deboer	Linda Ducharme	Richard Farwell
Claire Flynn	Jim Gallant	Doreen Giordani
Gerry Grant	Christine Greenough	Holly Harris
Diane Hickey	Linda Hickey	Charles Hilsdon
Joan Hurlburt	Bob Johnson	Jeannie Johnson
Jo Judge	Helen Kelley	Eleanor Kimball
Darlene Lambert	Donna Lawrence	Roger Leslie
Ruth Lincoln	Thelma Litchfield	Nancy Mickunas
Jean Migre	Richard Mitton	Mike Molongoski
Judy Noon	Joanne Packer	Joan Port-Farwell
Dot Quinn	Margie Rooney	Maria Rose
Barbara Sawtelle	Judith Scannell	Hal Thomas
Burton Thompson	Dallas Turner	Betty Vogel
Joan Ward	Carol White	Jane White
Jo-Ellen Wood	Eileen Zadorian	Ricki Moriarty
Kathy Thomson	Joyce Wilson,	Marge Bates
Jennifer Besse	Theresa Joyce	Carol Mattes
Chickie Walker	Julie Parsloe	Theresa Joyce
Linda Dempsey	Liz Grosso	Theresa Gratzner

Lifeskills Program at Hanover High School and LOU Program at Cardinal Cushing

*If you do not see your name above and have volunteered 30 hours or more a year, please contact Volunteer Coordinator, Katie O'Brien. We do not want to overlook anyone.*



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				<div>1</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER</div>		<div>2</div> <div>10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2.00 BEREAVEMENT  PM SHOPPING HANOVER MALL</div>		<div>3</div> <div>8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH  PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</div>	
<div>6</div> <div>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH 1:00 MAH JONG  PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</div>		<div>7</div> <div>9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI 1:00 MAH JONG 1:00 WATERCOLOR  PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</div>		<div>8</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER</div>		<div>9</div> <div>10:00 BOWLING 10:00 EXERCISE W/ CHRIS 10:00 ASK A LAWYER 10:00 BOOK CLUB 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2.00 BEREAVEMENT  PM SHOPPING HANOVER MALL</div>		<div>10</div> <div>8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH 1:00 ART MATTERS  PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</div>	
<div>13</div> <div>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH 1:00 TEA WITH JULIA 1:00 MAH JONG  PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</div>		<div>14</div> <div>9-12 BEAUTY SALON 9-12 SHINE (By appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI 1:00 MAH JONG  PM SHOPPING KOHLS/STOP &amp; SHOP</div>		<div>15</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER 1:00 JOHN GALLUZZO OWLS</div>		<div>16</div> <div>10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT  PM SHOPPING HANOVER MALL</div>		<div>17</div> <div>VOLUNTEER LUNCH  NO OTHER ACTIVITIES</div>	
<div>20</div> <div>HOLIDAY PATRIOT'S DAY  CENTER CLOSED</div>		<div>21</div> <div>9:00 BLOOD SUGAR TEST 9:30 MORNING OUT 9:30 MENS DISCUSSION 12:00 LUNCH 1:00 TAI CHI 1:00 MAH JONG 1:00 WATERCOLOR  PM SHOPPING STAR/MARSHALLS MARSHFIELD</div>		<div>22</div> <div>9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER 1:00 JANET LABERGE DOWNSIZING</div>		<div>23</div> <div>10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT  PM SHOPPING HANOVER MALL</div>		<div>24</div> <div>8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH  PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</div>	
<div>27</div> <div>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH 1:00 MAH JONG  PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</div>		<div>28</div> <div>9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI 1:00 MAH JONG  PM SHOPPING HANNAFORD</div>		<div>29</div> <div>9:30 YOGA 11:00 CAPTIONED PHONE 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER</div>		<div>30</div> <div>10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT  PM SHOPPING HANOVER MALL</div>			

*All the seniors in town  
are reading this newsletter.*

**Do they know who YOU are?**

*Call to place an ad today*

**800-732-8070**



**Be World  
Conscious  
Recycle!**

**ART MATTERS**  
**FRIDAY, APRIL 10 at 1 PM**  
**FEE \$2.00**

**SYMBOLISM & EXPRESSIONISM**

Influenced by Gauguin and Van Gogh, these two movements blossomed in the early 20th century. They were to stress personal expression, and pushed the envelope of artistic self expression to greater levels of joy, angst, and controversy. Join us to see powerful images from artists Munch, Klimt, and Beckmann, among others, as they take us on a visual journey (not for the squeamish), to explore our most inner fears and desires . . . if you have the nerve.

**APRIL TEA**  
**MONDAY, APRIL 13 at 1PM**  
**FEE \$3.00**  
**RESERVATIONS NECESSARY**

**Meet Julia Child!**



*Meet Julia Child*-The beloved French Chef  
A live performance featuring Lynne Moulto as Julia Child doing what she did best. Learn more about her life--from her privileged childhood in California when she had no interest in food (except eating what the family's private chef prepared) to one of the culinary legends of all time. The audience will have the opportunity to view Julia on the set of *The French Chef* television show, an amusing and fun experience! After the performance, the cast will open up for a discussion about Julia Child.

**GOODBYE, JIM PALANA**  
**THANK YOU AND GOOD LUCK!**

Thank you Jim for your service to our Seniors .  
The Seniors and Staff will miss you.  
Enjoy your retirement.

**FROM JIM**

I would like to thank Robyn and all the staff at the Senior Center, the staff at Town Hall, and most of all the wonderful Seniors I have met and worked for during the past three years, Your kindness, generosity and good humor have made a big difference in my life, and I hope I was able to make even a small difference in yours.

I will miss you all. Good luck and God's blessings.

Jim Palana, Van Driver

**JOHN GALUZZO**  
**OWLS OF MASSACHUSETTS**  
**WEDNESDAY, APRIL 15 at 1PM**

Massachusetts is home to numerous owl species, from the loud and obvious Great Horned to the secretive Saw-whet to the rare and elusive Long-eared. What do we really know about them? Join John Galluzzo for a journey through the habitats, adaptations and life stories of Massachusetts' many nocturnal avian predators. Refreshments will be served. Sign-up is necessary.

**HOW TO DOWNSIZE**  
**WITHOUT ALL THE STRESS**  
**WEDNESDAY, APRIL 22, 2015 at 1PM**

Want to learn the benefits of cleaning out items that don't get used? Find out how to involve family members when downsizing, how to use resources like recycling and curbside pick up to get rid of things and how to help yourself and others by making donations.

Janet Laberge from **Dirty Deeds Done Dirt Cheap** will

be here to tell us how. Janet will hold a raffle for the "What If?" book. Refreshments will be served.

Sign up is necessary.

Call 781-924-1913 to reserve your spot.

**NEW & RENEWED FRIENDS**

Mary Spada, Paul and Helen Doucette, Janice Frank, Ann Howard, Judith Sullivan, Joe & Judy Grecco, Sylvia Hyland, Carol Ceurvels, Helen Sales, Jim & Bev Gilmartin, Mary Deame, Gale Hurley, Paul & Virginia Zemotel, Nancy York, Anne Aroyan, Carol McKenna, Holly Wainwright, Edwin Curtis, Juliann Lomartere, Emma Alpert, Joe & Kathy DiSabato, Claire Garrigan, Helen Kelley, Robert Creighton, Jack Harrington, Ruth Lakso, Carolyn & Robert Frattalone, Kathleen Burke, Carolyn Belcher, Pat Pervane, Bob Creighton, Judy Noon, Cliff & Lorraine Gaysunas, Frank & Joanne Casey, Hilmaine Stanton, Burt Broadwater Sr., Pegge Powers, Tom & Ruth Grono, Raymond & Sandra Carignan, Louise Tanderes, Janice Connolly

**IN MEMORY OF**

John Spada by Mary Spada  
 Phil Frank by Janice Frank  
 Beverly Hybertson by Holly Wainwright  
 Jean Curtis by Edwin Curtis  
 Mary Creighton by Robert Creighton  
 George Noon by Judy Noon  
 Dick Powers and Beth Macdonald by Pegge Powers  
 Gladys ( Dot) Elwell by Carol & Robert Frattalone  
 Larry Burke by Kathleen Burke  
 Harold Belcher Jr. by Carolyn Belcher  
 Bora Pervane by Pat Pervane  
 Paul McPhee by Louise Tanderes

**IN HONOR OF**

James Gallant by Hanover Senior Center Staff  
 James Gallant by Friends of the Hanover C.O.A.  
 Jim Palana by Hanover Senior Center Staff.

**THANK YOU FOR PRODUCT DONATIONS  
and ADDITIONAL CONTRIBUTIONS!**

Linda Hickey, Susan Morrison, John Buzad, Sylvia Hyland, Helen Sales, Mary Deame, Carol McKenna, Joe & Kathy DiSabato, Emma Alpert, Claire Garrigan, Helen Kelley, Linda Ducharme, Noel Constantino, John Thomson, Jim Fitzpatrick, Judi & Joe Barca  
 Alice Hutchison, Mary McDermott, Janice Connolly, Norma Morgan

**NEW EXERCISE PROGRAM  
 STRENGTH TRAINING  
 With Carla DuBard  
 Starting April 1, 2015  
 Wednesdays at 11AM**

Research has shown how important it is to do strength training exercises to counteract bone density loss as we age. The Hanover Senior Center is introducing this class on Wednesdays at 11AM starting April 1. Carla DuBard owner and personal trainer at One to One Bodyscapes in Hanover will lead the class. For the month of April, the classes will be free! Here is your chance to try a new class.

**NORTH RIVER BRIDGE  
 ARCHIVAL EXHIBITION PRINT  
 FUNDRAISER  
 PROCEEDS GO TO THE SENIOR CENTER**



Mary Gilmartin was born and raised in Hanover. She resides in Hanover with her husband, Scott, and their four daughters. She is self-taught and comes from a long line of artists. She uses acrylics as her medium.

The archival exhibition print of the Washington Street Bridge in Hanover was inspired by a picture taken by her husband while they were kayaking last summer on the North River.

Prints are now available for purchase for \$100.00, including the mat. Twenty-percent of the proceeds will be donated to the Friends of the Hanover Council on Aging





## VETERAN'S NEWSLETTER

**FOR APRIL, 2015**

### Attention Vietnam Veterans:

If you served in the country of Vietnam between 9 January 1962 and 7 May 1975, you are presumed to have been exposed to Agent Orange says the Department of Veterans Affairs (VA). Agent Orange is a herbicide used to defoliate trees and remove concealment from the enemy. Its use, unfortunately, has been linked to a number of disease states that may occur over time.

The VA now has approved 14 different medical conditions that can result due to exposure from Agent Orange. Medical conditions such as myeloma, prostate cancer, type 2 diabetes, Hodgkin's disease, respiratory cancer, and recently added heart disease, leukemia and Parkinson's disease.

It is important that you register with the VA AS SOON AS POSSIBLE. You may go to: [www.va.gov](http://www.va.gov) to register. After registration you should have a physical by a VA doctor to check your medical condition. The VA will monitor you for free over time.

There is a VA Agent Orange Help Line 1-800-749-8387. There also is a detailed web site: [www.publichealth.va.gov/exposures/agentorange](http://www.publichealth.va.gov/exposures/agentorange)

If you have questions about your military or veteran's benefits, contact Mike Thorp, Veterans' Service Officer, at Hanover town hall, 781-829-0968.

### PENNSYLVANIA DUTCH TOUR

May 21– 23, 2015

\$398.00 (Double)

To Reserve seats call :

**Rita Webster at 718-924-5531**

\$50.00 Deposit at sign up

Final payment: April 25, 2015

Call Rita for more information.

### FOXWOODS CASINO

This trip will take place on Tuesday, May 5, 2015  
\$26.00 per person, Includes \$10.00 Keno and Free Buffet or \$10.00 Food coupon

Contact: Dot Quinn at 781-829-4241 for bus times and date

Make checks payable to Dot Quinn.

Pick up at Hanover Senior Center at 7:30 AM

### HYANNIS LUNCH AND TRAIN RIDE

This trip will take place on Thursday, May 14.  
The cost is \$89.

Information can be obtained through Dot Quinn at 781-829-4241

### MOBILE OUTREACH

In an effort to provide services to more Hanover seniors, the Hanover Senior Center will be hosting programs at senior housing locations.  
Check this bulletin for these events.

All are welcome.

### **FYI**

We have had to cancel bingo so many times and programs have been scheduled, therefore there will be no bingo in April. To make it up to you we will resume bingo on May 6 with a **lunch and Raffles just for you!!**

You must sign up for this first May bingo so we have enough pizza. Call 781-924-1913

# Can't hear on the phone?

Come learn about a Captioned Telephone that can help!



Be certain of what they say every time with the new *CapTel* Captioned Telephone.

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*Come try it yourself!*

**Date:**

**April 29, 2015  
11:00 AM**

**Location:**

**Hanover  
Senior Center  
Call: 781-924-1913**

**CapTel**  
Captioned Telephone

For more information call 1-800-233-9130  
or go to [www.CapTel.com](http://www.CapTel.com)

## CONGRATULATIONS!

Congratulations to Hanover Council on Aging Board member, Jim Gallant for receiving the Spirit of Hanover Award!

## CENTER CLOSINGS

The Hanover Senior Center will be closed on Friday, April 17 for the Volunteer lunch and Monday, April 20 for Patriot's day

## HELP US

### TRACK YOUR VOLUNTEER HOURS

People who volunteer 30 hours a year or more are invited to the annual Volunteer luncheon. You will receive an invitation in the mail. Please help us track your hours so that you are not left out.

People who live out of town and volunteer 30 hours a year or more are considered Honorary Hanoverians. There are also people who have volunteered at the senior center for many decades in the past and they are considered Honorary Hanoverians Emeritus.

Please know that your volunteerism is a valued and important part of everything we do at our Senior Center and we want to make sure everyone is acknowledged!



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## Old Colony Elder Services

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SPECIAL**



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**Council On Aging Staff**

Robyn Mitton,  
*Elder Services Director*

Nancy Lester,  
*Administrative Assistant/  
Client Services Coordinator*

Katie O'Brien  
*Transportation/Volunteer  
Coordinator  
Mobile Outreach*

Dawn Rivers,  
*Nutrition Manager,*  
Janet Kirby  
*Kitchen Aide*

George  
*Transportation Coordinator  
Van Driver*  
Jim, *Van Driver*

**ADVISORY BOARD**

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*Chairman*

Richard Farwell  
*Vice Chairman*

Carol Mattes  
*Secretary*

Claire Flynn  
*Treasurer*

Eleanor Kimball  
James Gallant  
Roger Leslie

**Hanover Council on Aging**  
**665 Center Street**  
**Hanover, MA 02339**

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## FRIENDS OF THE HANOVER COUNCIL ON AGING

**Please make checks payable to Friends of Hanover COA and mail to:**  
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2015

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Membership: \_\_\_\_\_

Additional Contribution: \_\_\_\_\_

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

Send acknowledgement to: \_\_\_\_\_

**Friends**

Dot Quinn,  
*President/Treasurer*

Elaine Crowley  
*Vice President*

Judi Barca

Margaret Rooney

Doreen Giordani